

Statistics Report 20014, Corn grain, yellow

Report Date: June 27, 2017 03:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	10.37	--	1.037	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	365	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1527	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	9.42	--	0.337	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	4.74	--	0.456	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	1.20	--	0.070	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	74.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	7.3	--	--	--	--	--	--	--	--	Calculated or imputed	20020	10/2002
Sugars, total	g	0.64	--	--	--	--	--	--	--	--	Calculated or imputed	20020	10/2002
Minerals													
Calcium, Ca	mg	7	--	0.886	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Iron, Fe	mg	2.71	--	0.403	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	127	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Phosphorus, P	mg	210	--	28.792	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	287	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Sodium, Na	mg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Zinc, Zn	mg	2.21	--	0.478	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.314	--	0.071	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.485	--	0.125	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	15.5	--	3.023	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.385	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Riboflavin	mg	0.201	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Niacin	mg	3.627	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.424	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin B-6	mg	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2002
Folate, DFE	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2002
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	97	--	--	--	--	--	--	--	--	Calculated or imputed	20020	10/2002
Carotene, alpha	µg	63	--	--	--	--	--	--	--	--	Calculated or imputed	20020	10/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20020	10/2002
Vitamin A, IU	IU	214	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2002
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20020	10/2002
Lutein + zeaxanthin	µg	1355	--	--	--	--	--	--	--	--	Calculated or imputed	20020	10/2002
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	20020	10/2002
Lipids													
Fatty acids, total saturated	g	0.667	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.569	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.075	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	1.251	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.004	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	1.247	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	2.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	2.097	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.065	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.354	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	1.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.265	101	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.197	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.463	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002